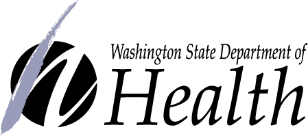
**Heart Disease, Stroke, and Diabetes Prevention**

**Order Form**

To view available materials or to download for print, visit: <https://www.doh.wa.gov/Publications/ChronicDiseasesAsthmaCancerDiabetesetc>

To order materials, email this form to Marissa Floyd at [HeartDisease@doh.wa.gov](mailto:HeartDisease@doh.wa.gov) or mail it to: **Washington State Department of Health**, **ATTN: Marissa Floyd (PPE)**, **310 Israel Road SE**, **Tumwater WA 98501**.

*\*Please allow 7-10 Business days to receive your order once you have been sent a confirmation email\**

For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 711).

| **Pub #**  **& Size** | **Description** | | **Language** | **Number** | **Picture** | |
| --- | --- | --- | --- | --- | --- | --- |
| 345-274  3.5x5.5 folded wallet brochure | **Blood Pressure Tracker:** This pocket-sized publication encourages and helps people to track blood pressure readings. | | English  Spanish  Chinese  Vietnamese  Tagalog  Russian  Korean  Khmer  Amharic  Arabic |  |  | |
| 345-273  8.5x5.5 booklet | **How to Check Your Blood Pressure:** This publication describes the steps for someone to take their own blood pressure. The manual includes a tear-out wallet card to track blood pressure readings. | | English  Spanish  Chinese  Vietnamese  Russian  Korean  Khmer |  |  | |
| 340-272  8.5x11 brochure | **What is Blood Pressure?:** Available for patients in health clinics. It outlines the importance of improving your blood pressure and the risks associated with having high blood pressure. The publication also includes questions to ask your medical provider, ideas for making healthy lifestyle changes and online resources. | | English  Spanish  Chinese  Vietnamese  Russian  Korean  Khmer |  |  | |
| 340-268 (Front)  340-269 (Back)  8.5x11 | **Know Your Blood Pressure Numbers:** This two-sided poster is designed for use in a health clinic setting. Side one gives information about blood pressure numbers and why it is important to keep track of blood pressure. Side two, designed to be used by health care providers, shows the steps to take for accurate measurement of blood pressure.  (This item is limited to stock on-hand. Once exhausted, it will no longer be available.) | | English |  | *FRONT: BACK:* | |
| 340-268 8.5x11 | **Know Your Blood Pressure Numbers:** This poster is designed for use in a health clinic setting, and gives information about blood pressure numbers and why it is important to keep track of blood pressure.  (This item is limited to stock on-hand. Once exhausted, it will no longer be available.) | | English |  |  | |
| 340-268  11x17 | **Know Your Blood Pressure Numbers:** This poster, designed to be used in a health clinic setting, gives information about blood pressure numbers and why it is important to keep track of blood pressure. | | English  Spanish  Chinese  Vietnamese  Russian  Korean | Out of Stock |  | |
| 340-269  11x17 | **Checking Your Blood Pressure: How to Check Your Blood Pressure:** This poster shows the steps to take for accurate measurement of your blood pressure and is designed to be used by health care providers. | | English  Spanish  Chinese  Vietnamese  Russian  Korean |  |  | |
| 340-267  11x17 | **Checking Your Blood Pressure: Taking Your Blood Pressure Poster:** This poster shows how to take your blood pressure and is designed to be used by health care providers. | | English  Spanish  Chinese  Vietnamese  Russian  Korean | Out of Stock |  | |
| 345-288  11x17 | **What's the Big Deal About Controlling My Blood Pressure?:** This poster, designed to be used in a health clinic setting, gives suggestions for making lifestyle changes that can lower blood pressure | | English  Spanish  Chinese  Vietnamese  Russian  Korean | Out of Stock  Out of Stock |  | |
| 340-265  11x17 | **Checking Your Blood Pressure: Before You Begin:** This poster shows the steps to take for accurate measurement of your blood pressure and is designed to be used by health care providers | | English  Spanish  Chinese  Vietnamese  Russian  Korean | Out of Stock |  | |
| 345-367  3.5x5.5 folded wallet brochure | **Blood Glucose Tracker:** This pocket-sized publication encourages and helps people to track blood glucose levels. | | English  Spanish  Chinese  Vietnamese  Russian  Korean |  | Qr code  Description automatically generated | |
| 345-366  8.5x5.5 booklet | **Living Well With Diabetes:** This publication describes the steps for someone to take their own blood pressure. The manual includes a tear-out wallet card to track blood pressure readings. | | English  Spanish |  |  | |
| 345-365  8.5x11 brochure | **What is Diabetes?:** Available for patients in health clinics. It outlines the importance of improving your blood glucose levels and the risks associated with having diabetes. The publication also includes questions to ask your medical provider, ideas for making healthy lifestyle changes and online resources. | | English  Spanish  Chinese  Vietnamese  Russian  Korean |  | Graphical user interface  Description automatically generated | |
| 340-346  11x22 | **Diabetes: A Snapshot in Washington Infographic**: This infographic has current data, easy to read and follow, showing the impact of Diabetes in Washington state. It also encourages readers to learn more about diabetes risk factors and to follow-up with medical providers. Intended audience is general public. | | English |  |  | |
| Name: | |  | | | |
| Organization: | |  | | | |
| Shipping Address: | |  | | | |
| Shipping (line 2) | |  | | | |
| Email: | |  | | | |
| Phone Number: | |  | | | |